Lonnette Reynolds

FBLA GIRL OF THE MONTH

The Girl of the Month of March is currently a senior at ACHS. She has attended all the FBLA meetings, and is chairman of the FBLA Week Committee. She modeled in the Fashion Show for the February meeting and won second place in the Dress Right Contest which was held during FBLA Week. She also plays on the community softball team.

The girl of the month of March is the daughter of Mr. and Mrs. Lonnie B. Reynolds of Red House. She is Lonnette Reynolds.

CON-TERRA WOMAN'S CLUB MEETS

The Con-Terra Woman's Club met recently in the Concord Rescue Squad building. Mrs. Joseph Dutka, president, presided.

Each year our club has a spring dance. This year the date will be April 22, at the Meade Lake Lodge. The music will be furnished by the Uptowners. The committee consists of the following: Mrs. David Porter, Mrs. Melvin Giles, Mrs. Clayton Stanley and Mrs. David Stokes. They will be contacting you to assist them in the near future. Also a 16-20 lb. country ham will be raffled off that night. Please purchase your ticket from any club member and also the night of the dance.

Mrs. Dutka announced the date of the district meeting to be March 25, in Lynchburg. All members having won blue ribbons at the local arts and crafts festival, if you cannot attend the meeting please contact Mrs. Dutka to have your item picked up. Judging will take place that day and the district winners will be eligible to be judged at the state level later. Please plan to attend, registration is from 8:30 to 9:30.

A special committee was appointed to plan an appropiate celebration for the clubs' 10th anniversary coming up in several months. It was Mrs. Melvin Giles and Mrs. Wiley Warner.

The speed in Thomas Terrace has been lowered from 35 to 25 mph. This was done in the name of our club and with much work on the part of Mrs. David Porter. We hope this will help make this subdivision safer for the children.

Mrs. Cecil Tate reported that a self-defense class will be held Thurs., April 13, at 7:30 in the Supervisors Room of the Haber Building, Rustburg. Sgt. Toni Purvis will show a film and demonstrate some ways women can defend themselves. If enough interest is generated another class will be scheduled to go into greater detail on the subject. This is open to anyone in the community, not just club members. Please plan to attend. The Rustburg Womans Club are co-sponsors.

The social hour that followed was hosted by Mrs. Kenneth McCullough, Mrs. W.V. Strain, and Mrs. Kenneth Franklin.

Mrs. Wiley Warner, Sec.

Penny Cabiness

WHO'S WHO IN FBLA

The girl of the month for January is currently a senior at ACHS. She is a very active member in the Appomattox FBLA chapter working along with the Welfare Committee and different activities of the chapter. She attended the meetings of the Welfare Committee and aided in the activities in various ways.

She helped with the Halloween party given at Virginia Baptist Hospital, sponsored a needy family at Thanksgiving, gave the TMR students gifts at Christmas, helped wrap the gifts and decorated the tree for the December meeting, and accompanied the Welfare Committee to the nursing home in February.

Recently she has been very busy preparing a job description manual for competition at FBLA's Spring Convention held at Longwood College on March 12. She participated in a campaign skit running Rita Ferguson for Regional Vice-President. She is also the secretary of the Varsity Club.

The Girl of the Month of January is the daughter of Mr. and Mrs. Berkley Cabaniss of Appomattox. She is Penny Cabiniss.

Veronica Franklin

FBLA GIRL OF THE MONTH

The girl of the month of February is a very active member of our chapter. She is currently a senior and is chairman of the Welfare Committee. She has planned the following activities for the club: the Halloween party at Virginia Baptist Hospital, she, along with the committee, organized the sponsoring of the needy family as a project for Thanksgiving and she helped deliver boxes, she danced in the Dance-a-Thon, she helped organized the TMR Christmas party, wrapped gifts, and decorated the tree, she also helped organize a visit to the nursing home. She is currently preparing for the Office Procedures event at the FBLA Spring Conference held at Longwood College.

She is the president of the Varsity Club, a church MYF president and member of the basketball and softball teams.

She is the daughter of Mr. and Mrs. C. M. Franklin of Appomattox. Girl of the Month of February is Veronica Franklin.

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Public Hearing on Land Use Plan

A district-wide public hearing on the proposed Regional Land Use Plan Update for Central Virginia will be held by the Central Virginia Planning District Commission March 16, at 7:30 p.m. in the Virginia Baptist Hospital auditorium, 3300 Rivermont Ave., Lynchburg.

The purpose of the hearing is to receive citizen comments on the plan. Anyone interested in examining the plan may come to the commission office between 8:30 a.m. and 5:00 p.m., Monday through Friday. Oral or written comments are welcomed.

The purpose of the plan is to propose a regional guide for local governments for the development of coordinated, more detailed jurisdictional plans and ordinances and the expenditures of public funds for capital improvements. It updates the Greenspace Plan adopted by the commission in 1974.

The plan analyzes major determinants of land use including the natural environment, population trends, economic growth and the existing land use pattern. Goals and objectives for regional growth and an implementation program are presented with recommendations for short-range and long-range steps to be taken by member jurisdictions.

The commission approved an interim plan in February after a public hearing was held January 19. Inclement weather prevented the public from attending the hearing. The interim plan was adopted for the CVPDC to remain eligible to receive Section 701 planning funds from the U. S. Department of Housing and Urban Development.

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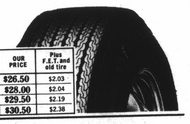

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JAMES E. JONES

ARMSTRONG FURNITURE ANNOUNCED PROMOTION

James E. Jones, employed at Armstrong Furniture Company, a division of Thomasville Furniture Industries, Inc., on August 21, 1974 as a production employee, has been promoted to the position of Supervisor of Area B on the third shift.

Jones is a native of Buckingham County. He and his wife, Jannie, are the parents of three children, Everett, Linda and Petrina.

His promotion was effective March 1, 1978.

Robert C. Hubbard

Having served twelve years on the town council, I am a candidate for reelection to the Appomattox Town Council subject to the May 2, 1978 election.

Your vote and support in this election will be appreciated.

Robert C. Hubbard

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GOOD NEWS FOR HOMEMAKERS

Shirley W. Walton
Extension Agent

Teaching Children Responsibility

Here are some ways to help children learn to assume responsibility for their share of the household tasks:

1. **Be patient.** Small children like to work with their parents. They like to help, it's true. But remember, their help can slow you down. Be patient and help teach them, for this is the way they learn and will be able to perform the job without help.

2. **Praise jobs well done.** Praise your children when they have done a nice job. Let them know you are proud of them. Praise works better than criticism in teaching children to be responsible.

3. **Show genuine appreciation.** Give your children recognition for their help. This makes the child feel good about himself and more willing to help the next time.

4. **Don't be too critical.** When a child first begins to make a bed, the bed will not look as smooth as it would when you made it. But, remember the child has to learn, so don't pick on them when they are trying to do the best they can do. Remember, which is more important, to have a smooth bed or for your child to learn to take the responsibility for making the bed.

5. **Show children how to do the job.** If you expect your children to do something well, remember to demonstrate for them. An example would be washing dishes. Explain about the water temperature, the amount of detergent and rinsing that is needed for the dishes to be well taken care of, and remember to supervise the children. This gives them a feeling of confidence, and you can help them learn as they do.

6. **Explain why jobs need to be done.** Children respond to real need. If they understand the necessity for doing a job, they will be much more willing to do it. They may not understand the need for frequent sweeping in the kitchen, unless mother explains this is the way to keep insects away.

7. **Make the job easy.** If keeping the child's room neat is his responsibility, make it easy for him. Provide low shelves or boxes for his toys. Place hooks and rods for his clothes low enough for him to reach.

8. **Use impersonal reminders.** Rather than being critical or nagging, use little reminders like notes on the refrigerator door or a weekly schedule posted on the bulletin board. Some mothers use a box of flower stickers or gummed stars to reward children when they have done a job well.

9. **Give responsibility - don't take it away.** Whether the job is homework, washing dishes, or emptying the trash, don't take the child's responsibility away from him. When mother decides to empty the trash she away the child's job, if this is a responsibility he has been assigned.

10. **Set up consequences for not performing tasks.** A consequence for not placing dirty clothes in the laundry basket could be that the clothes don't get washed. Don't set up a consequence, however, unless you are prepared to go through with it. Be reasonable, too.

11. **Don't expect too much.** Expecting too much may do more harm than good. It is important that job responsibilities are matched to the child's age and ability. A pre-schooler can pick up his toys, empty waste baskets, clear the table, and help fold laundry. Young school age children can do such tasks as prepare their own breakfast, help in dinner preparation, and put away groceries. A child 10 years or older is able to vacuum, to do laundry, help wash dishes and keep their room clean.

12. **Let children choose their tasks.** Children feel more responsible for the tasks which they have volunteered to do. Children feel more responsible for the tasks which they have volunteered to do. Encourage the family to list all the tasks that need to be done. Then each family member can take turns choosing the task he will be responsible for at a certain time. So that one child is not stuck with an undesirable job forever, tasks should be changed frequently, such as daily, weekly, or monthly, or using whatever pattern suits the family best.

Teaching children to take responsibility for chores takes time and patience, but it is well worth the effort. It provides children an opportunity to give of themselves for the well-being of the family and helps make the home a place in which each family member enjoys living.

RECIPE OF THE WEEK

Onion Lover's Twist

Beat with the electric mixer takes the place of kneading in Onion Lover's Twist. This no-knead bread is filled with buttery onions and seasoning and shaped into two braids.

1 pkg. active dry yeast
¼ cup warm water
4 cups flour
¼ cup sugar
1 egg
1 teaspoon salt
1 cup hot tap water
1 cup milk
¼ cup butter or margarine, softened

Filling

¼ cup butter or margarine
1 cup finely chopped onion
1 tablespoon grated Parmesan cheese
1 tablespoon sesame or poppy seed
1 teaspoon garlic salt
1 teaspoon paprika

In large mixer bowl, dissolve yeast in warm water. Add 2 cups flour, sugar, salt, water, milk, butter and egg. Blend at low speed until moistened; beat 2 minutes at medium speed. By hand, stir in remaining flour to form a soft dough. Cover; let rise in warm place until doubled, 1 to 1¼ hours. Punch down. Toss on floured surface until no longer sticky. Roll out to an 18 x 12 inch rectangle; spread with filling. Cut into six 9 x 4-inch strips. Starting with longer side, roll up each strip; seal edges and ends. On 2 greased cookie sheets, braid 3 rolls together. Let rise in wwarm place until doubled, about 1 hour. Bake at 350 degrees for 30 to 25 minutes. Makes 2 loaves.

FILLING: Melt butter in saucepan; add remaining ingredients. Mix well.

STUDENT TEACHER AT APS

A second grade reading group is Mrs Dot Moore's room made applesauce under the direction of Mrs. Rhonda Jones, a student teacher from Longwood College. The group has been studying about "Johnny Appleseed" and the different products apples produce. This was an enjoyable enrichment activity for the unit.

Third Revised School Calendar for 1977-78

1. Regular school on March 11, 18 and April 1 - Closing time on each of these dates, 1:30 p.m.
2. March 24th and 27th for Easter Holidays and regular school for March 28th through 31st.
3. Regular school on June 5th through 9th.
4. Workdays for teachers on June 10th and 12th.

Revised Calendar

Easter — Close Thursday p.m., March 23; Open Tuesday a.m., March 28

Last day of school - June 9, 1978

End of Six-Weeks Marking Periods

March 18, 1978 (30 days)
May 1, 1978 (30 days)
June 9, 1978 (29 days)

PAMPLIN

Mrs. Howard T. Williams, Jr. is improving after undergoing surgery last week at Virginia Baptist Hospital.

Mrs. Emmitt Tolbert returned home last Saturday from the Southside Hospital in Farmville.

Mrs. Dick Dickman and daughter, Anita, and her friend, John Reusing of Rogers, Ark., left last Thursday after a visit with her parents, Mr. and Mrs. Lloyd Inge. Anita was on spring vacation from the Univerisyt of Arkansas, Fayetteville, Ark.

Miss Mittie Cumby is a patient in Lynchburg General Hospital.

Mr. and Mrs. Dean Delano, of Warsaw, visited her mother, Mrs. Fannie Tillery last Saturday.

Mrs. Ed Abbey, of Frankfurt, Germany, is visiting his mother, Mrs. F. M. Alley, and sister, Mrs. W. W. Wallis.

Mrs. Jessie Smith, of Axton, returned home last Monday after a visit with her sister, Mrs. C. H. McCall.

Mrs. Alfred Jamerson has returned to her home after being a patient in Virginia Baptist Hospital.

MEETING PLANNED TO ORGANIZE SCOUT TROOP IN CONCORD AREA

A meeting will be held at Concord Elementary School on March 23rd at 7:30 p.m. to organize a scout troop in the Concord area for ages 11-18.

Parents or guardians of the boys in this age group interested are urged to attend this meeting. Bring your boy with you!

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APPOMATTOX EXTENSION HOMEMAKERS HOST DISTRICT III MEETING

The Appomattox County Extension Homemakers will host the District III Virginia Extension Homemakers Council on Thurs., March 30, 1978. The meeting will be in the Appomattox County High School auditorium. The registration and coffee hour will start at 9:30 a.m., with the meeting beginning at 10 a.m.

The meeting will adjourn by 1 p.m. There will be no lunch served at the school, but the local restaurants are preparing to serve the crowd.

Mrs. Mary Parlier and Mrs. Betty Synan will present an outstanding musical program. Mary and Betty will take us through the sentiment of this country up to present day time in song. These ladies are in great demand, and we are most fortunate to have them share their talents with us.

Mr. Luis Garcia has invited the homemakers to visit the Appomattox Court House Historical Park. There will be no charge for this visit, but you must show your name tag from the District III registration.

Each club will be contacted and asked to help with the various duties of the day. All Extension homemakers are urged to attend this meeting and help make our visitors feel welcome.

Katie Martin, Reporter

AUCTION

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